

What Is Happiness? How Does Our Conception of It Derive From Eudaemonia and Felicitas? Should Happiness Be The Goal of Life?

Post by "Don" of December 16, 2025 at 8:08 PM

ADMIN NOTE: This conversation was split off from a thread devoted to discussion of [Lucretius Today Podcast Episode 311](#). The title of the thread was added to indicate the content of the thread and was not originally associated with this first post.

I have to say that the word "happy" does not make me happy in these contexts. The connotations of "happy" in English - effervescent, transitory, fleeting - really don't convey what Epicurus wrote. I also know [Cassius](#) doesn't like using Greek words, and I can respect why. Saying "eudaimonia" doesn't really mean anything to many people. It can also be used to try to obfuscate and to give a woowoo mystical feeling to an otherwise ordinary word, ordinary to Epicurus and the ancient Greeks. Like using nirvana or samsara in a Buddhist context.

It's clunky, but I much prefer something like "subjective well-being."